



Simple | Healthy | Delicious

## Cheesy Chicken and Black Rice Casserole



### INGREDIENTS

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|--|
| 3 Tablespoons extra virgin olive oil             |
| 1 medium onion, finely diced                     |
| 3 stalks celery, finely diced                    |
| 3 carrots, peeled and diced                      |
| 2 tablespoons fresh minced garlic                |
| 2 cups shredded, cooked chicken breast           |
| 2 cups cooked Nature's Earthly Choice black rice |
| 1 teaspoon kosher salt                           |
| ½ teaspoon black pepper                          |
| ¼ teaspoon garlic salt                           |

### CHEESE SAUCE

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|---|
| 4 tablespoons butter                    |
| 2 tbsp Gluten-free multipurpose flour   |
| ¼ teaspoon kosher salt                  |
| ¼ teaspoon black pepper                 |
| 2 cups chicken broth                    |
| 2 cups shredded cheddar cheese          |
| Top with ½ cups shredded cheddar cheese |

### DIRECTIONS:

1. Sear chicken on each side and then add about 1 cup chicken broth. Cover and cook on medium high heat for about 20 minutes. After you can take the lid off and shred the chicken with a fork.
2. For the rice, follow the instructions on the packaging.
3. Preheat oven to 350 degrees F. Heat oil into a medium pot over medium heat. Saute onion, celery and carrots until softened, about 10 minutes.
4. Stir in garlic and cook for 1 minute. Stir in chicken, rice, salt, pepper, and garlic salt. Reduce heat to low.
5. For the cheese sauce place butter into a medium saucepan over medium high heat. Whisk in flour, salt and pepper then slowly pour in chicken broth whisking continuously. Whisk until thick and nearly boiling then stir in cheese until melted. Pour cheese sauce into rice mixture then transfer to a 9x13inch baking dish.
6. Top with additional cheddar cheese and bake for 25-30 minutes or until cheese is melted through. Serve.